

Hummus

Makes: 100 Servings

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Ingredients	Weight	Measure
Canned garbanzo beans or chickpeas, drained	17 lb	4 No. 10 cans
Frozen lemon juice concentrate, reconstituted		1 qt
Garlic gloves, peeled		2 cup 2 Tbsp
Water		1 qt
Ground white or black pepper		2 Tbsp
Ground nutmeg (optional)		2 tsp
Ground cinnamon		2 tsp

Lemon juice (optional) ^{1/2 cup}

Directions

1. Combine all ingredients in a food processor and puree to a smooth consistency.
2. Spread 5 lb each into 4 pans (12" x 20" x 2 ½")
3. Chill to 41°F or lower within two hours. Refrigerate until service.
4. Keep cold during service. Portion with a No. 8 scoop (1/2 cup serving).

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa